

## ABSTRACT

An apparatus for controlling an optical pickup and an optical writing and reading apparatus having the same are disclosed. A main shaft and a sub shaft, on which an optical pickup for writing and reading information is movably mounted, are raised and lowered at opposite ends of the shafts by adjusters. The adjusters each comprise a casing fixed to four corners of a deck base and having an inner space and a side gate into which an end of the main and sub shafts is inserted, a spring disposed between the casing and the end of the main and sub shafts to bias the end downward, a base plate attached to a lower surface of the casing, and an adjustable screw tightened to the base plate to move the end of the main and sub shafts upward.